

1-23-2012

## Iowa State Daily (January 23, 2012)

Iowa State Daily

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BUSINESS

Wine shop serves up some class



OPINION

What if our politicians walked out?

SPORTS

Spark leads Cyclones to Big 12 win

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PDF POSTERS MARK DANCE MARATHON

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USDA:

Three offices proposed for closing

By Randi Reeder  
Daily staff writer

The U.S. Department of Agriculture has proposed closing down three Farm Security Administration offices in Appanoose, Decatur and Union counties.

It is planning to cut back on spending while still providing excellent service to its customers.

The possible closings are part of the USDAs plan to adjust to the reduced operating and program budget and the 2012 farm bill, said Agriculture Secretary Tom Vilsack. Last week, Vilsack announced the USDAs Blueprint for Stronger Service, which is proposing to close 131 county offices in 32 states, including three in Iowa.

Vilsack said in the last two years, Congress has reduced the USDAs operating budget by about 12 percent, which is around \$3 billion.

The plan is not permanent yet. The FSA has 30 days to hold public meetings in each county.

If the proposed locations close, farmers who are assigned to those offices can still receive service by going to neighboring county offices or can receive instant online service by signing up for the Direct and Counter Cyclical Program online starting Monday. In 2013, all programs will be available online for farmers to sign up.

For the public to express any comments or concerns, the FSAs public meetings will be the only opportunity available. The public may also send a written comment to John R. Whitaker, state executive director for Iowa FSA, by Feb. 9.

All public comments will be taken into full consideration before development or implementation of a final consolidation plan.

Whitaker and members of FAS management have public meetings set up in the three counties.

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Philanthropy



Photo: Kendra Plathe/Iowa State Daily

The final announcement for money raised at Dance Marathon was a record \$380,742.15. Dance Marathon 2012, which took place Saturday in the Great Hall of the Memorial Union, celebrated its 15th anniversary at Iowa State.

A record-breaking year

Dance Marathon celebrates historic fundraising level

By Melis.Meas  
@iowastatedaily.com

Suzie Moorman, 7, who has hydrocephalus, can be in need of medical attention at a moment's notice. Iowa State Dance Marathon is an event that makes Moorman and the rest of the Miracle Kids forget about their illnesses and remember how special they truly are.

"These college kids make them feel special, and we love coming here," said Heather Moorman, Suzie's mother. "This day makes up for the entire year."

Around 30 families attended Saturday's event. For some families, it was their first time, and for others, like the Moormans, it's been several years.

Suzie, her sister Sarah and her mother Heather, of Corydon, Iowa, have attended Dance Marathon for years. Heather said her daughters look forward to the January day every year.

"We'll come to Dance



Timothy's story:

An ISU Dance Marathon Miracle Child shares his experiences at iowastatedaily.com/news

Marathon, and then we'll get home and they ask me when they can go back," Heather said.

The Moormans enjoy ISU DM so much because of the connections that are made between the dancers, committee members and morale captains to the kids that make the event extraordinary, Heather said.

"The money raised today goes 100 percent to University of Iowa Children's Medical Center," Heather said, "Dance Marathon provides the medical center with so many things that help Suzie and other miracle kids."

The Moorman family is grateful for ISU Dance Marathon and the chances Suzie has been given, Heather said.

"She wasn't supposed to be able to walk, talk, see or hear," Suzie's mother said. "And now she's doing it all and reading at about a first-grade level."

ISU Dance Marathon is the best day of the year for Suzie, and Heather said her daughter is a true miracle child.

"This is her second chance at life."

Around 880 ISU students, dressed in teal T-shirts, gathered in the Memorial Union on Saturday for ISU Dance Marathon.

ISU Dance Marathon raised a total of \$380,742.15 for the University of Iowa Children's Medical Center. It is a \$116,452.01 increase from last year's total of \$264,290.14, and highest in ISU Dance Marathon history. Attendance from the event was also an increase from last year's 810 participants.

Dance Marathon is a 15-hour fundraising charity event, where each dancer must raise \$250 to take part in Saturday's experience. They also get to participate

DM.p3 >>



Photo: Tim Reuter/Iowa State Daily

Dave Arends and Caitlin Hagen, members of the Dance Marathon executive team, celebrate Saturday after learning of the year's record fundraising.



Photo: Kelsey Kremer/Iowa State Daily

Students and children participating in Dance Marathon do the morale dance at the beginning of Disney hour on Saturday in the Great Hall. Students spend the 15-hour event interacting with Dance Marathon families.

Free speech

Red-light rating leads to policy questions

Editor's note:

This is the first story in a series exploring university policy and its effect on free speech of students.

By Kaleb.Warnock  
@iowastatedaily.com

Is Iowa State limiting the free speech of students? Some students think so. Given Iowa State's recent rating as a "red light" school by the advocacy organization Foundation for Individual Rights in Education, the university has been receiving criticism both inside and out from the community for university policies.

Iowa State is catching heat for several policies, many of which ISU students may or may not know about. One issue that has constantly been under scrutiny is Iowa State's policy of the use of campus facilities for public forum. This policy received a "yellow," meaning it could potentially limit free speech, and FIRE

claims it is overly restrictive.

"Generally speaking, any open area of a college campus should be an area of free debate," said Samantha Harris, director of speech code research for FIRE. "College campuses should be open to demonstrations and free expression except as designated otherwise. The college has reasonable rights to have time, place and manner regulations that prevent demonstrations from interfering with classes and things like that."

She was specifically referring to policies like the designated areas of free debate on campus that can be interpreted to limit free speech. According to the policy, the university reserves the right to time, place and manner regulations and has instated some regulations regarding demonstrations and public forum on campus.

"Generally speaking, any open area of a college campus should be an area of free de-

FIRE.p3 >>

PrISUm

Long race route challenges team to make advances

By Madeline.Wilhelm  
@iowastatedaily.com

Team PrISUm, Iowa State's solar car team, has been working to finish this year's car. In July, the team will be participating in a three-week solar car race from Rochester, N.Y., to St. Paul, Minn., its longest journey yet.

PrISUm races every two years, allowing one year for design and one year for construction between the competitions. Racing against solar car teams from across the world on a new route will be a challenge, but the advances the team has made in the electrical and mechanical systems of the car have put them in a good place.

"I think we've got a good shot at being in the top four," said project director Evan Stumpges, senior in mechanical engineering. The club will take 10 to 15 members on the

PRISUM.p3 >>




What is PrISUm?

Learn more about Iowa State's solar car team on our website at iowastatedaily.com/news




Weather | Provided by ISU Meteorology Club




MON  
9|25

Blowing snow possible to make roadways treacherous. Gusts up to 30 mph.




TUE  
20|27

Sunshine returns and winds lighten up to make for a great weather day.



WED  
26|35

Snow will continue to melt as temperatures moderate into the mid-30s.



This day in 1909:  
On this day in 1909, unseasonably warm weather pushed temperatures into the upper 60s and lower 70s across southeastern Iowa.

Calendar

Find out what's going on, and share your event with the rest of campus on our website, at [iowastatedaily.com](http://iowastatedaily.com).

MONDAY

- New Deal Ruins: The Dismantling of Public Housing in the U.S.

**When:** 5 p.m.

**What:** Edward G. Goetz's presentation is part of the 2011/2012 Contemporary Issues in Planning and Design Lecture Series.

**Where:** Room 130, College of Design
- Bronze Clay Rings with Rhonda Scott

**When:** 6 p.m.

**What:** Turn metal clay into an one-of-a-kind ring. Learn several ways to form rings and learn how to account for metal clay shrinkage when sizing a ring.

**Where:** Workspace at the Memorial Union



- Lecture: Ugandan Children of War

**When:** 7 p.m.

**What:** Photographer Mary Chind and Dr. Neil Mandsager will discuss their visit to Uganda with Child-Voice International. The talk accompanies Chind's photography exhibit.

**Where:** Cardinal Room, Memorial Union
- Beginning ballroom dance class

**When:** 8:30 p.m.

**What:** Beginning social ballroom dance lessons, hosted by the ISU Ballroom Dance Club. Class meets once weekly for 11 weeks. No partner required.

**Where:** 213 Forker Building

Correction

Cafe Mood was incorrectly listed as "Club Mood" on last Friday's Nightlife page. The Nightlife staff apologizes for the error.

Daily Snapshot



Photo: Nicole Wiegand/Iowa State Daily

BUST A MOVE: Students dance at sci-fi themed party

Students dance at a sci-fi themed party for the Region V Kennedy Center American Collegiate Theater Festival at the Gateway Hotel on Thursday. Students from around the Midwest gathered for the festival, which had workshops and nightly parties.

Police Blotter:

- Jan. 16**  
**Adam Geissler**, 20, 3399 Friley Hall, was arrested and charged with possession of a controlled substance, possession of drug paraphernalia, and underage possession of alcohol at Friley Hall. He was transported to the Story County Justice Center (reported at 11:23 p.m.).

**Jan. 17**  
A staff member reported graffiti spray painted on a driveway on the 100 block of Union Drive (reported at 10:39 a.m.).  
Vehicles driven by **Nathan Snell** and **Austin Polson** were involved in a property damage collision in Lot 26 (reported at 11:10 a.m.).  
**Jennifer DiSalvo** reported the theft of textbooks at the Armory (reported at 3:49 p.m.).  
**Peter Brue** reported the theft of a television from a design office at the Armory (reported at 5:03 p.m.).  
**Christopher Hinojo**, 18, 233 Linden Hall, was arrested on a warrant held by the Story
- County Sheriff's Office at Linden Hall. He was transported to the Story County Justice Center (reported at 10:08 p.m.).

**Jan. 18**  
**Keith Larson**, 18, 4407 Wilson Hall, was cited for underage possession of alcohol and possession of drug paraphernalia at Wilson Hall (reported at 2:01 a.m.).  
**Scott Bielick**, 3010 Regency Court unit 34, reported the theft of a bike at Beyer Hall. The incident occurred sometime during the past year (reported at 5:08 p.m.).

**Jan. 19**  
**Joseph Bertogli**, 57, of Des Moines, was arrested and charged with operating while intoxicated (reported at 2:05 a.m.).  
**Evan Hohanson**, 23, 303 Stanton Ave., was arrested and charged with public intoxication (reported at 2:15 a.m.).  
**Jennifer Plambeck**, 2356 Wallace Hall, reported the theft of several items from a vehicle in Lot 61 (reported at 7:57 a.m.).
- A vehicle driven by **Dennia Bender** collided with a school bus operated by **Kimberlee Wendel** at Blankenburg Drive and Stange Road. Bender was cited for failing to yield upon making a left turn. Several passengers were transported to Mary Greeley Medical Center for examination (reported at 8:06 a.m.).  
**Herschel Davis**, 58, of Des Moines, was arrested and charged with harassment (second degree) (reported at 11:30 a.m.).  
A student reported someone placed a foreign substance in a vehicle gasoline tank in Lot 59C (reported at 7:35 p.m.).  
Officers initiated a drug-related investigation at the Armory (reported at 11:19 p.m.).  
**John Petersen**, 38, 1511 Carroll Ave., was arrested and charged with failure to obey a stop or yield sign and operating while intoxicated (reported at 1:36 a.m.).  
**Bradley Ridout**, 40, 919 S. 16th St. unit 311, was arrested and charged with domestic assault D felony (reported at 3:30 a.m.).

Celebrity News

Notes and events.

**Redford slams Congress, Romney, Republican debates**  
Robert Redford likes to say the Sundance Film Festival is all about the artists, but politics are always part of the equation. Redford set the tone at his opening-day news conference (after saying "I'm not going to get into politics") by criticizing Republicans in Congress as narrow-minded. He also blasted the GOP presidential debates, saying the candidates have a "mushroom cloud of ego hovering" over them. He even took a swipe at Mitt Romney's taste in movies. "Mitt Romney can go and see what he likes. If he likes 'Transformers,' great. It's there for him. But that's not where we are [at Sundance]," he told the audiences. Later in a sitdown interview with CNN, he elaborated on his criticism of Congress. Redford said he was raised to believe the Republican and Democratic parties were "supposed to compromise to move our country forward. It's just not happening." However, he didn't spend the whole news conference bashing the right. The actor also spoke about films, including new movies from veteran directors Spike Lee and Stephen Frears.

'30 Rock' addresses Tracy Morgan's homophobic rant

As "30 Rock" often does, the NBC sitcom drew humor from real life on last night's episode. The show used Tracy Morgan's character Tracy Jordan to address the actor's homophobic rant at a Nashville comedy show. NBC, Morgan and series creator and star Tina Fey all issued formal apologies for Morgan's behavior after the incident in June. And Thursday night's episode of "30 Rock" played out like one last, comedic "I'm sorry."

Ryan Seacrest to rebrand cable channel HDNet

We're starting to wonder what Ryan Seacrest can't do. The "Idol" host, E! personality and TV producer announced that he's going to rebrand the cable channel HDNet along with the network's owner, Mark Cuban, the event promotion company A.E.G. and his talent agency, CAA. The plan is to reshape HDNet, which was originally created in 2001 as the place to find high-definition programming, into a network for "music, live entertainment and live events" called "AXS TV," Seacrest told the New York Times. Pronounced "Access TV," Cuban said, "We're going to be able to take what I had hoped to do with HDNet — which was to be live, live,

live — and accelerate that considerably." AXS TV is expected to launch this summer.

Lady Gaga's Born This Way Foundation coming soon

Lady Gaga's Born This Way Foundation will get underway on Feb. 29, according to Billboard. The nonprofit charity, named for the pop star's hit song, will celebrate its launch with a soiree at Harvard University's Sanders Theatre. Gaga first announced the creation of her Born This Way Foundation — to address issues such as self-confidence, anti-bullying and career development — in November. She's directing the charity with her mother, Cynthia Germanotta. And Gaga's "Born This Way" album inspired more than just her foundation. It earned the singer a nomination for outstanding music artist by the Gay and Lesbian Alliance Against Defamation, which will host the 23rd Annual GLAAD Media Awards this spring. Gaga also topped DoSomething.org's list of 2011's most charitable celebrities for her anti-bullying efforts, including her forthcoming foundation. And in September, after the suicide of a bullied Buffalo, N.Y., teen, the singer said she supported making bullying illegal.

CNN wire staff



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PERIODICALS POSTAGE





>>**DM.p1**

in the largest philanthropic event at Iowa State.

All of the money raised will go directly to the University of Iowa Children's Hospital, associated with the Children's Miracle Network.

The event welcomes children with life-threatening illnesses and their families to a night full of fun, with games such as a giant Twister game, board games, a bouncy house, constant dancing, performances and more.

Dance Marathon has been a successful charity event at Iowa State for 15 years. The anniversary, "15 Hours, 15 Years, Kickin' it for the Kids," is a major accomplishment for ISU DM members. The first ISU Dance Marathon, according to its website, was in the spring of 1998.

"These kids look up to us, being college students, but really, we look up to them, and are blessed for them" said Nate Dobbels, senior in agriculture and life science education, morale captain for Team Cow and fifth-year ISU DM member.

"[The kids] are the most important people here today," he said. "Every one of us here today become kids again."

Dance Marathon participants



Photo: Tim Reuter/Iowa State Daily

**Dance Marathon participants go wild during the event's Power Hour in the Great Hall of the Memorial Union on Saturday. With all of the doors closed, the participants spend the hour dancing non-stop.**

ranged from veterans to first-year members. Jane Morrison, sophomore in pre-journalism and mass communications, said she enjoyed her first time at Dance Marathon.

"The best part of today was hanging out with the kids," Morrison said. "It's heartwarming."

She said she will definitely come back next year.

"The happy faces the kids get make such a difference," Morrison said.

Another first-time Dance Marathon dancer, Amanda Pearce, said the event was an eye-opening experience.

"Kids our age complain about everything, all the time," Pearce said. "Interacting with these [Miracle] Kids make you realize our small complaints are useless."

The event was entirely student-run, and co-director Jamison Arends,

senior in supply chain management, said he is very proud of the event that the ISU DM committee and dancers put together.

"Dancers are taking 15 hours of their time for this" Arends said. "They're giving these kids and families something special."

Arends said the event was successful and a lot of fun for everyone.

"There is so much to do, entertainment-wise," he said.

For 15 hours, dancers stay on their feet, all while interacting with the Miracle Children and partaking in fun activities.

There was a table of laptops, where ISU DM participants utilized social media to bring awareness to the night. Dancers could tweet or Facebook during the event. There was also a DM poster with the words, "Touching the lives of children and families across Iowa," on which dancers placed their thumbprints with teal paint. In the same room was a message board where dancers wrote down why they chose to participate in Dance Marathon.

Because of the long day, at every hour there was a morale dance that took place in the Great Hall.

"The dance pumps everyone up," Arends said. "There's a different theme every hour, where the morale

captains dress up to the theme."

The dance also helps keep track of the time, because of the lack of watches and cellphones at the event, Arends said.

Also at the event were Dance Marathon members from the University of Iowa, Drake University and the University of Northern Iowa.

For some members of Dance Marathon, this will be their last year. Arends has been apart of DM for all four years at Iowa State. He said he will miss it come graduation.

"[Dance Marathon] means so much to me" Arends said. "It's an experience that has enriched and changed my life."

Arends credits co-director Szuyin Leow, the entire committee, the dancers and families for making ISU DM such a big success.

"The people I've worked with are great," he said. "They're the best student leaders and people."

Arends said he has always enjoyed helping people and knew ISU DM was right for him during Destination Iowa State freshman year. He said the experience has been heartwarming for him because of the children and families.

"Often times, these kids don't get a chance," he said. "This is for them to get away."

>>**FIRE.p1**

bate," Harris said. "A college campus should be open to demonstrations and free expression except as designated otherwise."

However, the term "free-speech zone" does not necessarily apply to Iowa State, said Keith Bystrom of the University Council, who defended Iowa State's policy.

Bystrom said the term free-speech zone is not entirely accurate. He claims he was misquoted in a recent article in a city paper as calling the areas free-speech zones when that is not how he defines them and that is not what he called them.

"They want the label and they use the label and they think even though I'm saying designated public forum, because that's what our policy calls it, it's easier to put a label on it because that label brings in a lot of other baggage around the conversation that me as the speaker in that case was trying not to talk about," Bystrom said. "I wasn't calling it a free-speech zone, I was calling it a designated public forum."

He pointed out the issue with labeling things as free-speech zones is that the term carries a negative connotation that does not necessarily correlate with Iowa State's policy. He wanted to explicitly define the differences between what is called a free-speech zone and what the university is calling areas of public forum.

"Our policy creates areas that are less regulated in outdoor areas, and even indoor areas where people can exercise free-speech activities," Bystrom said.

The policy allows students to exercise free speech and engage in public forum in most areas on campus, excluding places such as classrooms, administrative offices, laboratories and maintenance closets.

However, there are several stipulations within the policy that can restrict it.

"We do encourage people to go [to public forum areas] when they have a free-speech activity because there is less opportunity to cause disruption on campus, but we don't require that they do," Bystrom said.

The policy outlines areas of public forum as south of the Campanile and next to the library where students do not have to give notice of activities, but they should notify the university ahead of time if it meets specific guidelines. In addition, the event cannot conflict with another event that is scheduled for the same time.

However, if students hope to engage in public forum in other areas of the campus, they have to abide by several guidelines as to not violate university policy. If the event will take place out of the forum area, students are required to file notice of the event 24 hours prior if they will expect to have more than 50 people.

If the demonstration is greater than 50 people, will be assembling between 10 p.m. and 8 a.m. or will be assembling within 100 feet of a classroom, they must seek approval three days ahead of time. Also, the event cannot conflict with another event scheduled at the same time and must have permission to use amplified equipment.

Students can also exercise free speech within buildings, but they must abide by specific guidelines.

If the event obstructs classroom activities or disrupts classes, the university can cancel the event and publication on campus, but we don't require that they do," Bystrom said.

lic forum can be suspended by the university for university or university-approved purposes, according to the policy.

Although he could acknowledge the importance of maintaining order and preventing disruption of classes, Brandon Blue, junior in journalism and mass communication and president of ISUTV, is not entirely supportive of the policy because it could serve to limit people's rights.

"I don't believe that the ends justify the means," Blue said. "I think that if anywhere along the way someone's free speech right is violated, I think you've definitely lost something there. You've failed on a constitutional level."

Frank LoMonte of the Student Press Law Center, an advocacy organization for free speech on college campuses, also considered relegated zones as overly restrictive of free speech, but is supportive of policies that are in place to prevent the disruption of classes.

"In the setting of speech on the campus of a public college, the legal standard that applies is probably some form of the Supreme Court's Tinker v. Des Moines standard, meaning that a student can be disciplined only if his speech crosses the line into 'substantial disruption' of school," he said. "This is an inexact standard, but it certainly means that speech is protected even if it is very annoying."



Photo: Kelsey Kremer/Iowa State Daily

**PrISum Project director Evan Stumpges, right, and assistant project director Dakota Morgan stand between the last solar car the team made and the one in progress on Sunday in "Old" Sweeney Hall. The team will be competing against other student solar car teams with the new car in the 2012 Formula Sun Grand Prix in July.**

>>**PRISUM.p1**

trip to New York for the start of the race. The competition starts at the Monticello Motor Club with a three-day inspection and a race on the private racetrack.

After this, the crew will depart from Rochester on the open public highways and roads for the main part of the race. The route they will be taking is, in part, designed by Wade Johanns, a former member of the ISU Solar Car Team.

Started in 1989, the team has continued to improve its expertise in the solar car field.

Dakota Morgan, assistant project director, said the team has "upgraded and improved on every aspect of the car." He said they have a well-rounded team this year, with people specializing in almost every aspect of the car. This means the expectations are high.

The team is ahead of schedule, and members

hope to use this extra time to work out the kinks and take the car on test runs around the state of Iowa. Although they are ahead of schedule, Stumpges pointed out that there is still much work to be done.

"We've got to build this car by the end of the semester, and we can use all the help we can get. Any student from any major can help."

The team aims to improve the efficiency and reliability of the car with as few stops on the side of the road as possible. This will give them a competitive edge.

"We're pretty optimistic right now," Stumpges said about the race.

There is a lot of work to still be done, but Morgan noted that it is well worth it.

"My favorite part is being able to apply my knowledge and actually build [the car]."

The Solar Car Team is a real world application of the knowledge they have learned in their classes.

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Editorial

Policymakers deserve time for decisions

A permit for the Keystone XL pipeline has been officially denied by President Obama. The Keystone XL pipeline was to transport oil from Alberta, Canada, south through the Great Plains states, ending in Texas. Its primary route was across environmentally fragile areas, such as the Sandhills and the Ogallala Aquifer in Nebraska.

While ordinarily the president’s decision to follow the State Department’s recommendation of taking more time to study the proposal would be a bit of a lame-duck excuse, not enough time was given to properly discuss the proposal. Congress, making a decision on the Keystone XL pipeline, decided to set a deadline of 60 days, forcing him to make an uninformed decision.

Decisions of this magnitude require time, even though hesitation could cost this country millions of barrels of oil and thousands of desperately needed jobs. Acting rashly could cause devastating repercussions environmentally, which could outweigh the economic benefits.

The president is entrusted to make policy decisions, particularly international ones. By forcing the president to act on a congressional time line, Congress was making a thinly veiled power grab, attempting to force Obama to bend to their will and intruding into presidential powers and responsibilities.

If the president is forced to act before he is fully informed, he may make a poor decision. He made a wise decision to resist approving the pipeline, thereby protecting the United States from any unintended consequences until more information is known.

This does not mean the pipeline will never be built; it may be built after more careful consideration. By delaying approval of the pipeline, Obama is able to gather enough information to make the kind of informed decision we entrust him to make.

Too much rides on it environmentally to simply push the pipeline through. We all remember the damage done by the Deep Horizon Oil Spill in the Gulf in 2010, and the disastrous Exxon Valdez oil spill in Alaska still haunts our nation’s collective memory.

Decisions like this are larger than short-term job opportunities. They need to be handled with the care that should go with any other permanent decision.

When policy moves too fast for adequate research and discussion, the whole country is at risk. Policymakers need ample time to study a policy’s goals and effects. Our government owes us the best, even if it means delaying the construction of this pipeline so we can take care to protect our environment and natural resources from harm.

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Government

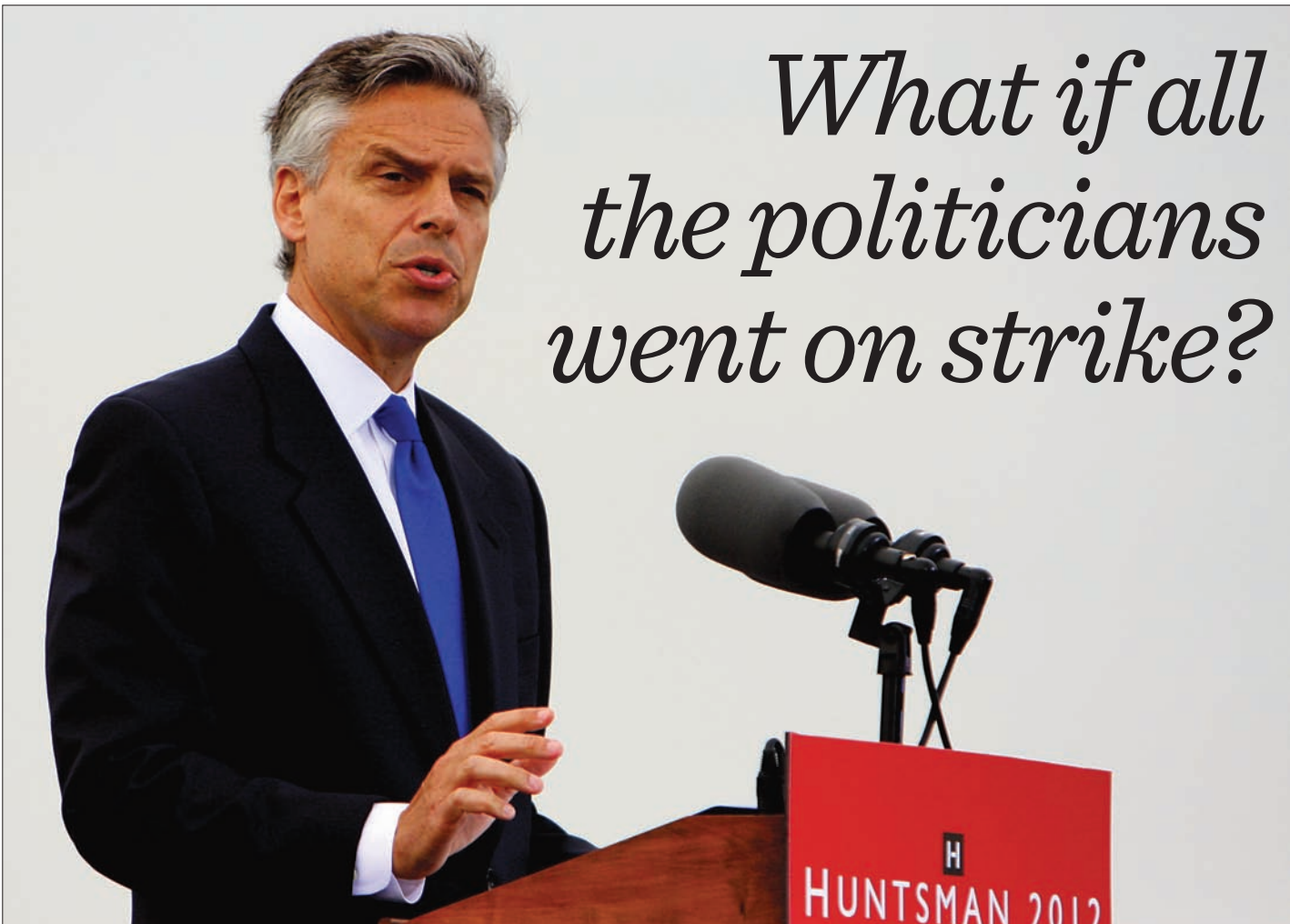


Photo: Erika Dimmler/CNN

Jon Huntsman, the former U.S. ambassador to China, launches his presidential campaign June 21 at Liberty State Park in New Jersey. Hunstman is one of the few politicians left who is committed to debating the issues and compromising with other parties in efforts to move forward.

Perspectives on American politics, policy and economics increasingly come from the libertarianism of Ayn Rand. Over the past few years now, Republicans have emphasized deregulating economic activity and lowering taxes to restore economic growth. The best articulation of those ideas is within the pages of “Atlas Shrugged,” Rand’s monumental 1,000-page novel.

Another idea that has been kicked around recently by some politically minded individuals — and was a central theme of “Atlas Shrugged” — was the question of what would happen to everyone who works for someone else if all the owners of productive businesses disappeared. What would the rest of us do if everyone with any ability to create jobs, wealth or goods went on strike and refused to work?

In October, one tea party activist quoted language from “Atlas Shrugged” and urged small business leaders to not hire any new workers until the Obama administration and Democrats in Congress stopped their “class warfare against our constitutional republic’s heritage of individual rights, free market capitalism and indeed our Constitution itself, with the ultimate goal of collapsing the U.S. economy and globalizing us into socialism.”

Truly, the effects of every productive economic actor refusing to work would be a catastrophe. Lower-level corporate officers would have to learn the jobs of their former superiors and stumble about as they did so, the same way Eddie Willers learned Dagny Taggart’s job in “Atlas Shrugged.”

The rest of us would probably have to reject a consumer economy and become the country of small producers that we were centuries ago.

What I want to know, however, is this: What would happen if America’s politicians went on strike? What if all the politicians who were



By Michael Belding  
@iowastatedaily.com

interested in debating the issues, entertaining ideas put forth by other parties and compromising to move forward even a little refused to do so because their colleagues were too much ideology and not enough personality? What if we lost every politician who wanted to work with his colleagues instead of show up and cast votes he decided on long ago?

Unfortunately, there is little indication from today’s American politics of what that answer is. We have few, if any, remaining politicians. Plenty of ideologues, to be sure, swamp us with their visions that either incorporate their observations of the world or exclude them.

Some members of Congress are retiring outright in their frustration at our increasingly extreme politics. Sen. Kent Conrad, D-North Dakota, said when he announced his retirement that running a political campaign this year would be too much of a distraction from solving budgetary problems. Sen. Jim Webb, D-Virginia, said outright that he does not want to devote his whole life to politics.

But ideologues dominate politics more than ever before. Ron Paul believes the United States should be a free-market country.

Rick Perry believes the United States should continue to be the free agent of an exceptional country that it was; he combines that with elements of Paul’s classical liberal economic vision. Rick Santorum believes the United States — and governments generally

— should enact biblical laws and, to borrow some of Woodrow Wilson’s language, make the world safe for Christianity if they cannot actually make it Christian.

If he did not carry so much repulsive moral baggage — it makes no difference whether it is real or imagined, since people act on it anyway — Newt Gingrich would be a good politician. His ability to solve problems one way for fact pattern A and a second way for fact pattern B is legendary. His ability to move on from the solutions to dormant sets of facts is also legendary.

The real politician of this election season was Jon Huntsman, and we lost him. Like several of the representatives and senators retiring from Congress this year, he seems frustrated with the lack of honesty about the political process. He seems disillusioned with ideological warfare that avoids good faith confrontation of the facts and working with other people, even if they have different capital letters after their names, in equally good faith. For the most part, Huntsman refused to make his presidential campaign one of Us vs. Them.

If you asked me what would happen if America’s politicians went on strike, I would say that the effects would correspond to what would happen to religion if all the clergy stopped preaching and mentoring, what would happen to morals if all the parents stopped parenting — and what would happen to the economy if all the producers stopped producing.

What would happen if all the politicians went on strike?

The best answer may be, “Who is John Galt?”

Michael Belding is a senior in history and political science from Story City, Iowa.

Economics

Filling niche discourages new business

My column last week focused on how capitalism has been and is being corrupted by cronyism and a “revolving door” between business and government.

For those who want to start a small business, it seems that in this day and age, your business has to fill a small niche role within a local economy to be successful. This is largely, in part, due to the big businesses that already have cornered the market on most mainstream needs.

Take, for example, someone who recently received a master’s or doctoral degree in chemistry. They do not want to join a giant corporation and be a face in a crowd; instead, they feel that they have an excellent business model and want to start their own chemical company. Thanks to some generous (short-term) interest rates on loans or other small business perks that several credit card companies offer, once these perks expire, they are likely to go out of business or be bought out.

A small chemical company can in no way compete with the likes of Dow Chemical or Monsanto, no matter how brilliant the business plan is. And, after all, market economics is supposed to be built on the idea that the most successful business models succeed, not the amount of political clout you can build up.

And although I am not expecting a startup company to take down Dow Chemical, it should



By Jacob Witte  
@iowastatedaily.com

still be able to succeed over time without the ever-looming threat of being bought out.

Another aspect of American capitalism that has become the status quo that further impedes on free market fundamentals comes in the form of corporate welfare, a system in which large corporations, often companies that have a near monopoly in a field, have money doled out to them on an almost regular basis that are considered excessive or unwarranted from the government in the form of defense contracts or subsidies.

An example of local corporate welfare would be corn subsidies for ethanol production. Without billions of dollars in free money being given out from the government to companies producing ethanol, this alternate form of fuel would likely never have got off the ground.

This is partly due to the fact that producing the corn needed for ethanol already consumes untold amounts of nonrenewable resources that nearly negates the end product’s effectiveness as a “renewable” source of energy, as many studies have shown.

Four out of 10 ears of corn

grown in the United States go into corn ethanol, which means rising food prices and more hunger worldwide. And even though the federal government no longer subsidizes ethanol produced from corn, Washington has still paid out tens of billions of dollars for ethanol. I believe the evidence speaks for itself.

Another example of corporate welfare comes in the form of defense contract subsidies, namely the companies Boeing and Lockheed Martin. Rarely do these companies ever have to compete for their contracts, and the Department of Defense seems to just write out blank checks for anything they draw up.

Take the X-35 Joint Strike Fighter, built by Lockheed Martin. Not only has the F-22 Raptor, which is perhaps already the most advanced fighter jet on the planet, never flown in combat, but the tax dollars that went to pay for all 195 of these jets was around \$70 billion.

However, the projected cost of the X-35 Joint Strike Fighter, which is still in production, is set to cost around \$1 trillion over 50 years once the Defense Department orders 2,443 jets — far and away the most expensive defense contract in history.

Boeing and Lockheed Martin have gobbled up virtually every former aviation company thanks to their enormous budgets that are, by far, made up almost entirely from Defense Department

contracts. In this system, defense contractors hardly have to be competitive with one another because they have, by now, fit into their own categories for the products they make.

When there is no competition, how can that be considered a free market?

Crony capitalism is something that both sides of the political spectrum can agree with is harmful to free market economics. Laissez-faire economists obviously do not want government involvement in how businesses are run and feel that crony capitalism is a form of corporatism or something of the like.

Thus, progressive or socialist economists, even if they are against all forms of capitalism, feel that cronyism always coincides with capitalism, as money inevitably leads to political power — in which case businesses will always use their money to influence government policy.

Crony capitalism is an immense problem with American capitalism because it perpetuates a spoils system in which the biggest companies keep their share of the market while throttling smaller companies into oblivion. To overcome this unequal system would be a remarkable achievement.

Jacob Witte is a senior in political science from Callender, Iowa.





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WRESTLING:



Iowa State Daily

## Cyclones fall in weekend dual meets

By Jake Calhoun  
Daily staff writer

The momentum picked up by the ISU wrestling team after its first home victory of the season was stifled on the road.

The Cyclones (2-11, 0-6 Big 12) finished its conference play absent of a win for the second straight year, losing 19-16 to No. 7 Oklahoma on Friday and 33-7 to No. 2 Oklahoma State on Sunday.

The highlight of the weekend came in redshirt freshman Luke Goettl's upset 11-9 sudden-victory decision against No. 1 Kendric Maple at 141 pounds.

"Luke is truly turning the corner," said coach Kevin Jackson in a news release. "He made a couple of mistakes that put him behind and he still came back and won the match."

Goettl went on to lose to No. 8 Josh Kindig of Oklahoma State in an 11-3 loss after a couple initial attacks turned into back points for his opponent.

Michael Moreno (157), Andrew Sorenson (165), Mikey England (174) and Matt Gibson (heavy-weight) also picked up victories for the Cyclones on Friday in the three-point loss to the Sooners (9-2, 3-1).

Sorenson was the only Cyclone to win both of his matches this weekend, defeating Oklahoma's Bubby Graham 3-2 and Oklahoma State's Joe Ali 13-4. The fourth-ranked 165-pounder is now 21-1 on the season and 13-0 in dual action.

Ryak Finch was the other Cyclone to pick up a victory against the Cowboys (8-0, 3-0), defeating eighth-ranked John Morrison in a 3-2 decision with riding time getting him the deciding point. The 125-pounder's victory comes two days after falling to No. 8 Jarrod Patterson of Oklahoma in a 4-0 decision.

Both Sorenson and Finch were victorious when Iowa State hosted Oklahoma State on Nov. 25.

The Cyclones return home on Sunday to host No. 5 Cornell at 1 p.m.

SPORTS JARGON:

## Brick

SPORT:

Basketball

DEFINITION:

A term for a shot that hits the rim with great force, causing a noticeably loud noise from the collision.

USE:

Royce White bricked a free throw in the game against Oklahoma State.

## Women's basketball

# Spark leads Cyclones to win

By Dean.Berhow-Goll  
@iowastatedaily.com

Sunday was not the day any team would have wanted to play Iowa State.

After coming off of a loss to Texas on a last-second shot and starting 0-5 for the first time ever in Big 12 play under coach Bill Fennelly, the Cyclones had their backs against the wall when they defeated No. 17 Texas Tech 66-49.

"They caught us on a bad day," Fennelly said. "This team needed to win."

The Cyclones (10-7, 1-5 Big 12) were virtually even with the Red Raiders (14-3, 2-4) the first half. Both teams ended the half shooting 9-of-26 from the field.

What did separate the two teams going into the locker room at half was a few more free throws from Iowa State and a last-second 3-point shot from senior guard Chassidy Cole.

"I just knew I had to shoot it," Cole said. "I think that was a momentum booster."

Leading Iowa State was sophomore Hallie Christofferson, who had a season-high 19 points, two shy of her career-high 21. She also added 10 rebounds that marked her third double-double of the season.

Four of those were offensive rebounds by Christofferson, which showed Fennelly that she was working hard. She was also 5-of-7 from behind the arc and provided the spark that a team winless in conference play needed.

"That was a great thing for her," Fennelly said of his team's leading scorer of the game. "She's certainly a kid who's worked really hard at it."

Fennelly said that Friday

night after practice when he was in his office, he could still hear basketballs in the gym. It was Christofferson who was still getting shots up late into the night.

"I didn't have the best practice and I wanted to make up for it afterward and I guess it worked," Christofferson said with a smile.

Also stepping up for Iowa State was Lauren Mansfield. Mansfield, who has still been trying to find her scoring touch moving into the two-guard position, doubled her scoring average and her 3-point percentage on the day with 12 points and 66 percent from 3-point land.

"[Hallie and Lauren] are both in the same boat," Fennelly said. "Neither one of them have probably played to the level we thought they would or could."

"I'm happy for Hallie and Lauren both, they hit some big shots that gave our team a chance to win."

The combination of Cole, Mansfield and Christofferson hit nine 3-pointers on 13 shots with five coming from Christofferson. While the rest of the Cyclones didn't make a shot on 12 attempts, those three provided the spark.

"After the first one, I got a lot more confidence," Christofferson said. "Then I found myself open more than usual. I just looked for my shot more also. Some I didn't have my feet set, but I just let it fly."



See the action:

Find a photo gallery from Sunday's game online at [iowastatedaily.com/sports](#)



Photo: Jordan Maurice/Iowa State Daily

Guard Hallie Christofferson goes up for a shot while drawing a foul against Texas Tech on Sunday. Christofferson led Iowa State with 19 points in the Cyclones' first Big 12 win.

## Men's basketball

# Texas trips prove successful for team

By Dan.Tracy  
@iowastatedaily.com

There were two Saturday conference road games in the state of Texas for the ISU men's basketball team this season and two similar results.

The Cyclones routed Texas Tech 76-54 on Saturday two weeks after beating Texas A&M by a similar 24-point margin.

"Texas has been treating us well. We came out here with a business mentality and took care of business," said ISU forward Melvin Ejim. "This was a win that we really needed that put us in third place in the league and was vital to our goals this season."

The Cyclones (14-5, 4-2 Big 12) and Red Raiders (7-11, 0-6) traded blows early, exchanging the lead nine times in the first half before a pair of 7-0 runs gave Iowa State a 26-16 lead. Iowa State maintained its double-digit lead into halftime as it took a 35-23 lead at the break.

"It was a really good win. I thought our guys came out with great focus and energy in the first five minutes," said ISU coach Fred Hoiberg. "They hit a couple of shots and we missed a couple of wide open ones, but we didn't get frustrated. We kept playing



Photo: Grace Steenhagen/Iowa State Daily

Junior guard Tyrus McGee goes up for a shot against Oklahoma State on Wednesday. McGee had a team-high 20 points in Iowa State's 76-54 rout of Texas Tech on Saturday.

and battling and following our game plan and really played ... a complete 40-minute game."

The catalyst for Iowa State's lead at the break was junior guard Tyrus McGee, who came off the bench and drained four 3-pointers to lead all players with 14 points at the half.

"He's just letting it fly right now, so it's been fun to watch him get on

track," Hoiberg said. "He was a big part of this thing for us."

McGee had quite the week for the Cyclones, finishing Saturday's game with a team-high 20 points, in addition to the 17 he scored in a win against Oklahoma State on Wednesday.

McGee, who was 11-of-20 from 3-point range in the two games, cred-

ited his recent offensive success to the additional time he's spent getting shots up at the gym over the last few weeks.

"I came out against Oklahoma State and felt really good with all of my shots, and then tonight I came out here and felt really good. I'm just going to try to stay consistent and keep going to the gym."

Iowa State played well on the offensive end, shooting 48 percent from the field, but also had one of its best defensive games of the season. The Cyclones registered a season-high 11 steals and forced the Red Raiders to turn the ball over 15 times.

Iowa State will fly back to Texas on Tuesday, as the team will be in Austin to tangle with Texas for the second time this season. The Longhorns (12-7, 2-4), who fell to the Cyclones 77-71 on Jan. 4, are coming off a three-point home loss to Kansas on Saturday.

"I guess the good thing is we've recently played them, and we should have a pretty good idea of what they run," Hoiberg said of Texas. "They're going to be coming back and I'm sure wanting to get a win, so we've got to go out with the same focus we've had."

Tuesday's game is scheduled to tip off at 8 p.m.



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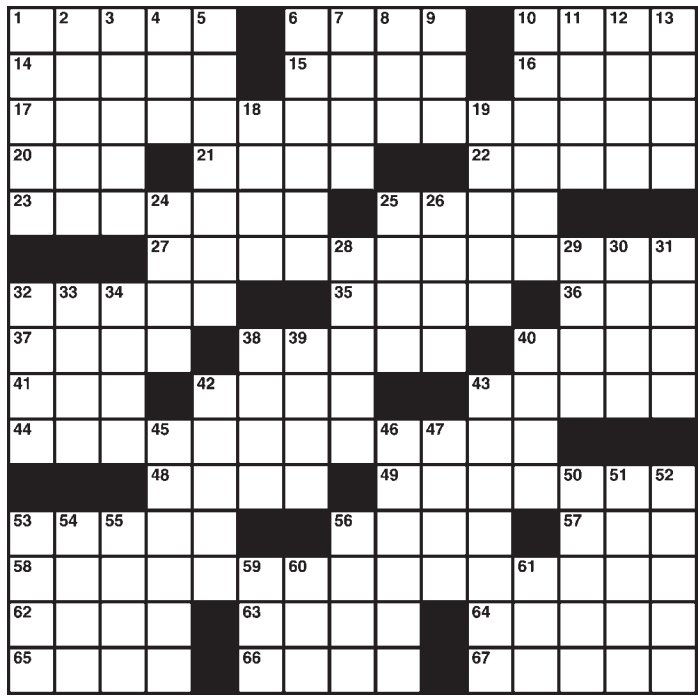


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## Crossword



- Across
- 1 Thumbs-up-  
up  
reviews

6 Knocks with  
one's knuckles

10 Not feral

14 Low-budget, in  
company names

15 Happily\_\_after

16 October birthstone

17 Hexes

20 Dined

21 Twosome

22 Heart chambers

23 Positive thinker's  
assertion

25 Cleopatra's river

27 Surprised party,  
metaphorically

32 Beelzebub

35 Oboe or bassoon

36 Baled grass
- 37 "Jurassic Park"  
terror, for short

38 Meanspiritedness

40 Home plate, e.g.

41 Above, in verse

42 Apple computer

43 Showed on television

44 Destination not  
yet determined

48 Detest

49 Oscar-winning  
film about Mozart

53 End of \_\_

56 Yard sale warning

57 British mil. award

58 Beatles song,  
and a hint to the  
hidden word in 17-,  
27- and 44-Across

62 Opera solo

63 Like a steak  
with a red center

64 "That is to say ..."
- 65 Double O Seven

66 "P.U.!" inducer

67 Willy-\_\_: sloppily
- Down
- 1 Satisfy, as a loan

2 Like most  
triangle angles

3 Chooses at the polls

4 USNA grad

5 Slight trace

6 Symbol of  
financial losses

7 State firmly

8 For each

9 Málaga Mrs.

10 Best-seller list

11 Mimic

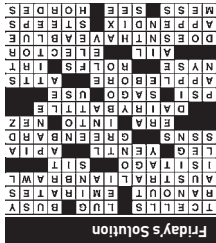
12 West African country

13 Jazzy Fitzgerald

18 Indian bread

19 "To your

- health," to José
- 24 Big-screen format
- 25 Russian rejection
- 26 "That's clear now"
- 28 Angels
- shortstop Aybar
- 29 Sear
- 30 Operate with a beam
- 31 Kept in view
- 32 Halt
- 33 Zone
- 34 Alaska, once: Abbr.
- 38 Obscene material
- 39 Glazier's fitting
- 40 Tough spot
- 42 Newton or Stern
- 43 Inundated with
- 45 Needle's partner
- 46 Sadat's predecessor
- 47 Leave out
- 50 '50s Ford flop
- 51 Typical
- 52 Hot-headed
- Corleone brother in
- "The Godfather"
- 53 Moby Dick chaser
- 54 Fiddling emperor
- 55 "\_\_\_ Brockovich"
- 56 Flying prefix
- 59 Gold, in Granada
- 60 Insane
- 61 Record label initials
- across the pond



## Word of the Day:

- Viscid \ VIS-id \ , adjective;**
1. Having a glutinous consistency; sticky; adhesive.
  2. Botany. Covered by a sticky substance.
- Example:  
This was the moment for the curious, shading their faces from the fiery glow, to plunge their walking-sticks into the viscid mass and dip out portions of the lava.

## Random Facts:

- While the crew of Apollo 13 didn't get to make their scheduled Moon landing, they did set a record that still stands: they're the humans who traveled the furthest distance from the Earth (nearly 250,000 miles).
- Only two ice hockey goalies – Martin Brodeur and Ron Hextall – have scored one goal in the regular season of play, and one goal in the playoffs.
- While it's up to individual states to determine their color, most school buses have been painted National School Bus Chrome Yellow since a 1939 national conference recommended it as the shade of choice.
- You won't find pincers at the Egremont Crab Fair held in Cumbria, England. That's because the Fall event actually celebrates apples.

SUDOKU

THE SAMURAI OF PUZZLES By The Mephams Group

Level:  
1 2  
3 4

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit [www.sudoku.org.uk](http://www.sudoku.org.uk)

Solution to Friday's Puzzle


5	7	6	9	2	3	1	4	8
3	8	4	1	6	7	9	5	2
9	2	1	5	8	4	7	6	3
7	5	3	8	1	6	4	2	9
8	4	9	3	7	2	5	1	6
1	6	2	4	5	9	3	8	7
2	9	7	6	4	1	8	3	5
4	3	8	2	9	5	6	7	1
6	1	5	7	3	8	2	9	4

1/23/12

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Daily Horoscope: by Nancy Black

## Aries: Network.

**Today's Birthday (01/23/12).** Let today be about reflecting on what's next in your career, in your relationships, in family, in projects and commitments. What do you want to accomplish? Financially, opportunities abound this year. Direct them for maximum impact. **To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.**

**Aries (March 21-April 19)**  
-- Today is a 6 -- Communications about actions get through, whereas actions themselves could get blocked or obstructed. Get into planning, networking and crowdsourcing.

**Taurus (April 20-May 20)**  
-- Today is a 7 -- Don't let worries about money interfere with love. You may as well listen, though you might have to compromise. A quiet evening suits you just fine. Relax.

**Gemini (May 21-June 21)**  
-- Today is an 8 -- Mars goes retrograde today (until April 14). Avoid signing contracts between now and then, since vitality is lacking. Maintain projects with momentum.

**Cancer (June 22-July 22)**  
-- Today is an 8 -- Set an intention ... the New Moon is an especially fertile time for planting promises. Take care of your heart. Keep it healthy. Practice love.

**Leo (July 23-Aug. 22)**  
-- Today is a 6 -- The energy is there to propel your inner thoughts out into the world. What message will you relay? Have it well thought out, rather than reactionary. The camera is on.

**Virgo (Aug. 23-Sept. 22)**  
-- Today is a 7 -- Expand your influence. Talk about your fantastic project with imaginative flair. Paint a picture with an inspiring possibility. Invite participation.

**Libra (Sept. 23-Oct. 22)**  
-- Today is a 7 -- Avoid initiating important projects or buying mechanical equipment, if you can. Finish off old business.

**Scorpio (Oct. 23-Nov. 21)**  
-- Today is a 7 -- Retrograde Mars especially affects Scorpio. Find support with family when it comes to making decisions. When one door closes, another one opens.

**Sagittarius (Nov. 22-Dec. 21)**  
-- Today is an 8 -- You have an excuse to get out of town and shake things up a bit. Visit family, maybe, or take a day trip. Make room for love and anything's possible.

**Capricorn (Dec. 22-Jan. 19)**  
-- Today is a 9 -- When it comes to making money, you have the power. Focus your energy on what it's really attractive to you. Ask a trusted advisor for guidance.

**Aquarius (Jan. 20-Feb. 18)**  
-- Today is an 8 -- You may notice hidden motivations, or reconsidered personal views or opinions. Be gentle with hearts. Avoid scandal.

**Pisces (Feb. 19-March 20)**  
-- Today is a 6 -- Focus on the space around the limitations. You may tumble, but you won't know if you can make it, if you never even try. Wisdom builds with every failed step.

## Trivia

The European city that promised revelers a "River of Fire," and shot off fireworks from lots of bridges but not a dome.

ANSWER: London

The field near Beaumont, Texas where Patillo Higgins discovered the first oil deposit in Texas, one well of which soon accounted for 60 percent of all U.S. production.

ANSWER: Spindletop

The enormous integrated car plant built by Henry Ford in 1918 that had its own steel and glass mills and could turn iron ore into a Model T in four days.

ANSWER: River Rouge

The name's the same. One was the AFC Rookie of the Year and Offensive Player of the Year in 1983 as a running back for the Seattle Seahawks (\*). The other once played for the Iowa Barnstormers of the Arena Football League and the Amsterdam Admirals of NFL Europe. FTP, identify the common name, belonging to the 1999 NFL MVP, the quarterback of the St. Louis Rams.

ANSWER: Kurt Warner

## what? just sayin

I would wear jeans, but I just look so much better in leggings.

...

I'm dating my best friend. Life can't get much better!

...

I would wear sweats to class, but....I have a boyfriend to look extra cute for.

...

wearing shorts when it's below freezing isn't impressive at all. put some pants on.

...

In my 4th year at Iowa State and I still don't know where Mackay Hall is

...

I need to stop sleeping with crazy women

...

There's a cougar on campus, she looks at me as if I was a big bag of popcorn!

...

girls wearing yoga pants in winter? ill take it!!

...

Professors: If the windchill is below -5, you should probably just cancel your class. Isn't it kind of a health risk for us to walk to it anyway?

To see your just sayin' here,  
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TECH:



Democracy goes digital in OPEN Act

By John D. Sutter  
CNNWire staff

With all the buzz about SOPA and PIPA you may have missed another important acronym: OPEN.

The OPEN Act is being touted by its sponsor as the moderate alternative to those other two anti-piracy bills, which are causing all kinds of controversy in U.S. Congress and on the Internet. Sites from Wikipedia to Google were protesting those other two bills by blacking out or altering their sites on Wednesday.

The reason I bring up the OPEN Act is not because it is a stellar piece of legislation. It may or may not be.

But what it definitely represents is a new way of thinking about the legislative process — a Wiki-ed out, crowd-sourced, digitized version of bill writing.

Full disclosure: CNN's parent company, Time Warner, is among the industry supporters of SOPA.

The main thing that makes the OPEN Act different is its presentation. The full text of the proposed bill is available at an easy-to-use website, KeepTheWebOpen.com. And, most importantly, people who go to that website can annotate the bill with comments and suggestions for its author, much like they would a Wikipedia document. There is a field where you can submit your email address to receive updates about changes to the bill and its path through the maze that is our legislative process.

GOOD Magazine argues in a recent post that this online presentation is a revolution in participatory democracy:

"The site functions like a combination of Wikipedia and any familiar commenting system: Click a sentence in the bill and add your changes. Though ultimate authorship will fall to [Darrell] Issa, user markups and comments are expected to make their way to the draft presented to the congressional committee. Whether or not the bill makes any headway in Congress, the hands-on drafting of the OPEN Act offers a glimpse of the future of constituent engagement and legislative sausage-making."

Maybe that does not sound crazy-innovative. But it is way different from the norm.

If you want to read the text of PIPA, the Senate's anti-piracy bill, you would go to a legislation search site called THOMAS, which is part of the Library of Congress. Same for SOPA. Sure, you can find the text of the bills on that site, but multiple versions are often listed, and it is hard to tell which amendments have been included or rejected.

Further, there is no way to leave a comment in the text of the bill. It is not even clear where you would send a comment, unless you look up the author of those bills and then go to their individual websites, find their contact information, etc. It is harder.

The OPEN Act's website makes the democratic process just a bit easier — encouraging more input from citizens.

It could be a new process for letting the public shape legislation.

WEEKLY STAT:



A recent survey by NPD predicts that nearly 3/4 of small- and medium-size businesses are looking to buy tablets for their workers in 2012, strongly preferring the iPad over competitors.

Nightlife



Photo: Emily Harmon/Iowa State Daily

Della Viti owner Gerald Caligiuri preps a bottle of wine for the wine station. Della Viti is bringing new flavor to Ames in two weeks with 12 wine stations. The customer chooses the wine, and the station pours the selection.

By Cristobal.Matibag  
@iowastatedaily.com

A veteran of Ames' food-and-beverage trade is banking on the city's thirst for two things: wine and elegance. As owner and manager of Della Viti, a wine bar set to open this month at 323 Main St., Gerald Caligiuri will aim to offer both.

Caligiuri, whose previous employers include Olde Main Brewing Company, Summerfields and The Corner Pocket, expects his new venture to fulfill demands unmet by Ames' current offerings.

"There's kind of a niche for something other than a Campustown-style bar," Caligiuri said.

More than just the location of Della Viti — which takes its name from the Italian phrase meaning "of the vine" — will set it apart from the bars that line Welch Avenue and Lincoln Way.

He plans to furnish the bar comfortably, favoring leather-upholstered couches, love seats and coffee tables over bar stools and fixed booths. He also plans to serve traditional wine complements such as cheese, fruit platters and crackers, as well as premium beer and spirits.

"It's like a coffee shop with wine," Caligiuri said. "It's very relaxed."

Della Viti will further distinguish itself by being the first Iowa business to use a computerized vending system called a WineStation, which automates some stages of wine service.

Caligiuri said customers, upon presenting IDs to a Della Viti employee, would be issued WineStation

“It’s like a coffee shop with wine. ... There’s kind of a niche for something other than a Campustown-style bar.”  
Gerald Caligiuri

cards they could program with an amount of their choice and use to dispense any of the wines available.

The WineStation at Della Viti will have 12 units, each accommodating four different bottles. At these units, patrons will be able to fill their glasses with amounts ranging from a mouthful to a full glass.

"In many ways, it's a self-serve wine bar," Caligiuri said.

Jayne Portnoy, vice president of marketing and brand strategy for WineStation manufacturer Napa Technology, said the machines allow vendors to hold off good wine's greatest foes — excessive oxidation and drastic temperature change.

Portnoy also said the technology freed them to sell "higher-priced, finer wines by the glass and be able to preserve them and temperature control them for 60 days."

"As an operator, you're going to pour every last drop of that bottle of wine," she added.

Blair Brewer, owner and namesake of the Ames bar Brewer's, said he was curious to see how customers would feel about machines vending wine by the glass.

Housing

Finding the perfect place for living

By Daily staff

Deciding where to live may be one of the biggest financial decisions students make in a year. Here's where to start.

First: Decide what you can afford

Often, this means "living like a college student." Doug Borkowski, director of the Financial Counseling Clinic on campus, said the key to saving

money is smart budgeting and living within your means.

"The opportunity to save money by living off campus is there," Borkowski said, "but students have to use that to their advantage by living like a college student."

Creating a budget involves keeping track of all income and expenses — services such as Mint can help with this. After a few months of tracking, students can have a clearer picture of what is affordable for them.

Borkowski stressed that it's more

important to save money now and decrease student loans by sacrificing the upscale apartment for the cheaper option that may be a little less luxurious.

"Figure out what you need in an apartment and how much time you will actually be spending there," Borkowski said. "There's no need for a higher dollar amount with nice amenities if you're never going to be there."

He also recommended paying rent for the entire year up front, if possible.

This saves the anxiety of budgeting out rent every month and helps create more spending money or the possibility of saving up for potential emergencies.

"The opportunity to save money is there, but it's up to the students to take it," Borkowski said. "You really have to budget and understand what you can afford."

All of the living options available to students have their own advantages and disadvantages.

Below are a few housing options.



File photo: Nicole Wiegand/Iowa State Daily

On campus

The obvious benefit of living on campus is the proximity to classes and other students.

"I wanted to live in the dorms because they are close to my classes, it is cheaper than living off campus and it is a great way to get to know new people," said Tiffany Gummert, junior in animal ecology. "One thing I don't like is that I have to share a bathroom with a lot of other girls and it sometimes gets pretty loud."

According to the Registrar's Office, the average GPA of students living on campus is 2.87, which is higher than the average for students living off campus.

One reason that these students receive higher GPAs is that they can more easily find classmates with whom they can study and learn.

Like apartment living, there are a wide variety of price points for on-campus housing. Rates for the 2011-2012 academic year ranged from around \$3,700 to \$7,500, and meal plans that are occasionally required can range from a couple hundred to a couple thousand dollars.



File photo: David Derong/Iowa State Daily

Off campus

Choosing to live in an apartment or house off campus is attractive to many students because it offers more independence.

When comparing the price of off-campus housing, keep in mind that there are several factors to consider.

A place that has a low ticket price might not actually be as cheap if costs such as utilities, Internet service or parking aren't included. Some apartments offer additional amenities such as gym memberships.

Choosing to live in a house may also come with more responsibilities — like mowing the lawn or shoveling snow.

Dealing with pressures to sign leases early in the school year is a downside to apartment living.

"Students typically sign leases before or right after Christmas Break to get the building they want for the upcoming school year. Brickstone apartments were completely gone before Christmas Break," said Clark Matthews, Campustown Property Management leasing agent.



File photo: Nicole Wiegand/Iowa State Daily

Greek living

Going greek provides more than a place to live — it's a commitment that offers the potential for leadership opportunities, social events and lasting friendships.

From a purely housing standpoint, though, there are some additional benefits to going greek. Room and board is often competitively priced compared to residence halls. However, contract breaks can be expensive if the house doesn't turn out to be a fit.

"Most houses offer amenities that the dorms do not have, such as different places to study or movie rooms," said Reghan Markert, vice president of finance for the Collegiate Panhellenic Council.

Greek houses also may offer amenities such as groceries provided, a cook or catering service, cleaning services, free laundry and printing and the option of parking spaces.

Daily reporters Mackenzie Nading, Morgan Shepherd, Meredith Keeler and Jenna Russell contributed to this story.





HEALTH AND FITNESS NEWS:

Sex poses surprisingly low risk to heart patients

By Lindsey Tanner  
The Associated Press

Good news: Sex is safe for most heart patients. If you're healthy enough to walk up two flights of stairs without chest pain or gasping for breath, you can have a love life.

That advice from a leading doctors' group on Thursday addresses one of the most pressing, least discussed issues facing survivors of heart attacks and other heart patients.

In its first science-based recommendations on the subject, the American Heart Association says having sex only slightly raises the chance for a heart attack. And that's true for people with and without heart disease.

Substance might fight poisoning hazard

By Malcolm Ritter  
The Associated Press

A substance found in nuts and whole grains may someday help doctors fight the kind of food poisoning that sickened thousands of people in Europe last summer, a study suggests.

While a variety of germs can cause food poisoning, the European outbreak involved a dangerous strain of the bacterium E. coli. It infects people and pumps out a poison called Shiga toxin. Some other bacteria also produce this toxin, which overall causes more than 1 million deaths a year worldwide. The European food poisoning outbreak included about 4,000 people and 50 deaths.

THIS DAY IN HEALTH AND FITNESS HISTORY:

MONDAY 1849

Elizabeth Blackwell became the first female to receive a medical degree in the United States.

WEDNESDAY 1924

The "International Winter Sports Week" was held in Chamonix, France. The 11-day event would later be known as the first Olympic Winter Games.

FITNESS CLASSES AT LIED RECREATION ATHLETIC CENTER:

MONDAY

Zumba  
Kickboxing  
Extreme Abs  
Body Blast

TUESDAY

Body Blast  
Extreme Abs  
Step N Sculpt  
Kickbox Basics

WEDNESDAY

Piloxing  
Zumba  
Extreme Abs

THURSDAY

Cardio Sculpt  
Extreme Abs  
Extreme Yoga  
Fitness Yoga  
Power Pump

FRIDAY

Zumba Express  
Bootcamp



By understanding what stress level an individual operates best at, students can recognize when situations may be more stressful than others. This helps students to create a plan to reduce stress.

# Control stress to improve health

**By Lea.Petersen**  
@iowastatedaily.com

While spring semester is still beginning, the first exam is probably just around the corner for many students. Even though one exam is nothing to be frightened by, many first exams fall within the same week, or worse, the same day. With exams piling up, so can stress.

"Everyone handles stress differently," said Karen Scheel, senior lecturer of psychology. "It's important to understand how your body handles stress and plan accordingly. An athlete, for example, may perform quite well under the pressure of an overtime clock in a tied game, or can just clam up and not be able to perform at all."

By understanding what stress level an individual operates best at, students can recognize when situations may be more stressful than others.

"If you are easily stressed, plan ahead. Recognize when a situation is out of your control and focus on the positives, rather than the negatives, of the situation," Scheel said.

Scheel explained how negative emotions can give people "tunnel vision," in which people become so

stressed about one thing that they can only focus on that particular thing.

"While it was a survival trait years ago, such as needing to run from a bear, students have much more complex situations that require more than a one-track thinking," Scheel said.

"Tunnel vision" is a problem for people because it can take up valuable space in the brain's processing capacity.

"Positive emotions have a different effect on our thoughts," Scheel said. "Instead of creating a tunnel vision, they open our minds and allow us to see various angles of the problem presented. Looking at stressors with a positive mind instead of a negative one can reduce stress."

Scheel emphasized how taking care of one's body will improve one's mental state.

"Exercise, eating well, getting enough sleep are important in stress management," Scheel said. "Let sleep be the last thing you give up, and it is important to stick to a routine bedtime and wake-up time. Your body needs a rhythm to follow."

Many students have the unfortunate habit of turning to food in a time of stress.

Sally Barclay, food science and human nutrition clinician, offers helpful advice to stop the stress snacking.

"Adequate sleep, a good support network, stress management such as yoga, meditation, deep breathing may all help to control cravings," Barclay said. "Deprivation [of food] is not recommended as this may just serve to increase cravings. Enjoy an occasional treat and get plenty of variety to help curb cravings."

Barclay said she recommends keeping healthy snack food options, such as fresh fruit or veggies, yogurt and popcorn, for when you are truly hungry and not just responding to negative emotions.

"Respond to other emotions such as boredom, loneliness, frustration by distracting yourself with a walk, playing with your pet, calling a friend, listening to music or watching a movie," Barclay said. "Food can really only solve hunger and should not be used for comfort and coping with emotions."

Barclay said if you have an episode of emotional eating, you should forgive yourself and start anew the next day.

"Try to learn from the experience and make a plan for how you can pre-

Sources of stress

- Survival stress: when your survival is in danger
- Internal generated stress: worried about things that are out of your control
- Environmental stress: distractions from around you
- Fatigue and overwork stress: stress builds up over a long period of time or you try to achieve too much in too little amount of time.

According to the Academic Success Center

Where to get help:

- Thielen Student Health Center
- Student Counseling Services

vent it in the future. Focus on the positive changes you're making in your eating habits and give yourself credit for making changes that'll lead to better health," Barclay said. "If you've tried self-help options but you still can't get control of your emotional eating, consider therapy with a professional mental health provider."

# Exercise improves physical, mental health

*Working out can help eliminate depression, improve well-being*

**By Katherine.Klingseis**  
@iowastatedaily.com

Physical exercise can help improve a person's mental health, say some ISU experts.

Amy Welch, assistant professor of kinesiology, explained that studies have shown physical exercise can help alleviate depression and improve a person's outlook.

She said studies show the effectiveness of exercise matches up to that of medication in treating depression.

"Exercise can be pretty powerful for those with depression," Welch said. "But a combination of exercise and medication is more effective."

Welch said there is debate in the scientific community on why exactly exercise helps with depression.

She explained that depression is caused by synapses in the brain taking in too much serotonin, the chemical in the brain that makes a person feel happy.

If the synapses take in too much serotonin, then only a little bit of the chemical is left in the brain, causing a person to become depressed.

"Anti-depressants inhibit the real uptake of serotonin in the brain, making a person feel better," Welch said.

"Some suggest that exercise does the same thing."

"Some researchers and media focus on how endorphins in the blood affect a person's mood."

She said some have suggested that exercise increases endorphin levels in a person's blood.

"There's not as much evidence," Welch said. "There's little association with endorphins in the blood and the good feeling you get after exercising."

"Exercising improves a person's psychological health by enabling people to accomplish goals," Welch said.

"There's a sense of reward; a sense of mastery; sense of accomplishment. They may feel and see changes in their bodies, which can boost self-esteem."

Dr. Carver Nebbe, physician at Thielen Student Health Center, said he has noticed that students who exercise frequently study more and get better grades.

"It's not about either studying or exercising," Nebbe said.

"It's a time management issue."

Welch said people who are motivated to exercise may just be motivated individuals, meaning that they may also be motivated to get good grades.

However, she said exercising decreases stress, which may enable students to perform better in the classroom.

"It's a great way to alleviate stress," Welch said.

"It's the best drug there is. It truly is."



Studies have shown physical exercise can help alleviate depression and improve a person's outlook. Additionally, exercising on a regular basis helps to decrease stress.



Stress reliever

# Practice yoga to calm mind, burn calories

By **Lea Petersen**  
@iowastatedaily.com

Stressed and in need of a good workout? Practicing yoga can calm the mind and burn calories. There are many places around Ames that provide yoga classes. However, if your schedule is like your jeans and is a bit tight this semester, practicing personal yoga can still be beneficial for your mental and physical health. A few basic moves for yoga include: Plank, Downward Facing Dog, Tree, Forward Fold and Chair.

## Plank

Come down to the ground as if you are doing push-ups. With your shoulders directly above your wrists, you should create a straight, flat line from your back to your feet. Be mindful that your hips are not sagging toward the ground or pushed up awkwardly towards the sky. Holding plank will create strength in your arms and your abdominals.



Photo courtesy of Thinkstock

This woman is practicing yoga in the plank position. This position helps to build strength in your arms. Breathing is an important part of this exercise and making sure your shoulders are directly about your wrists.

## Downward Facing Dog

From plank, you can push your hips up, lengthening out your back and forming an upside down v shape, or downward facing dog. Your focus should be on lengthening out your back and keeping your spine straight. A gentle bend in your knees maybe be needed to achieve the pose.



Photo courtesy of Thinkstock

This woman is practicing yoga in the downward facing dog position. This position lengthens out your back. It is important to try to keep your spine as straight as possible.



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Photo courtesy of Thinkstock

The forwarding fold stretches out the hamstrings and increases flexibility. Performing this stretch can allow you to reach farther than before.

## Forward Fold

Standing with your feet hips-width apart, you can bend forward reaching to either your calves, ankles or the ground in a forward fold. This pose stretches out the hamstrings and can increase flexibility. If you cannot reach your feet, wrap a strap around your feet and use it to pull your chest closer to your thighs. By practicing this regularly, you will be able to reach your feet if that was not possible before.



Photo courtesy of Thinkstock

The self-describing position of chair can help improve balance and posture while strengthening your quads. Keeping your weight in line with your heels makes the chair stable.

## Chair

Chair is exactly as it sounds: making a chair with your body. Focus on having a strong, straight back in your chair. Keep in mind that your knees should be in line with one another and your weight should be on your heels. You can check where your weight is by making sure you can wiggle your toes while staying in chair. This pose will improve strength in your quads and improve posture.



Photo courtesy of Thinkstock

The yoga position, the Tree, is an excellent exercise to strengthen legs and practice balancing. It is important to not put your foot on your knee.

## Tree


Tree is a balancing posture as well as a hip opener. Standing on one leg, bring the foot of your other leg to either your ankle, calf, upper thigh or inner thigh. Never place your foot on your knee — this can be very harmful to your knee joints. Standing in tree pose will strengthen your legs as well as increase your ability to balance. Make sure you practice the tree pose equally on both sides.




# Staving Off Stress

Most of us don't eat right when we're stressed. When pressure hits we tend to grab food on the run, skip meals and overdose on premium ice cream and potato chips. Eating right during stressful times is particularly important because stress affects how we use what we eat. When stressed, the body absorbs fewer nutrients as it excretes more, thus increasing needs for vitamins and minerals. Follow these tips to stave off stress:

- **Plan to save time.** Save time, spend less money, decrease stress and increase nutrition with meal planning. Sit down at the beginning of the week and plan meals and snacks for the week. Use choosemyplate.gov or hy-vee.com for meal planning tips.
- **Eat breakfast.** It doesn't have to be complicated. A simple bowl of whole-grain cereal topped with fresh fruit and fat-free milk is an energizing way to start the day.
- **Do not skip meals.** When you miss meals, you deprive yourself of the essential building blocks you need to function at your best. Too little of just one nutrient amplifies the stress you feel by straining the processes in your body that depend on that nutrient.
- **Add a generous serving of antioxidants.** Antioxidants (like Vitamin C, carotenoids and vitamin E) help fight off stress. Eat a variety of colorful fruits and vegetables to gain antioxidant power. Add wheat germ to your morning oatmeal and snack on nuts to get vitamin E.
- **Limit caffeine.** Coffee and other caffeinated foods can create anxiety, nervousness, depression and insomnia. Try herbal teas, 100% fruit juices, seltzer or hot water with lemon instead.



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